

Gandhian Principles of Non-Violence

“You must be the change you want to see in the world”.

~ Mahatma Gandhi

1. Respect

I vow to respect others and the interconnectedness of all life.

2. Understanding

I vow to understand the "whys" (meaning behind behavior), for myself and others.

3. Acceptance

Out of respect and understanding, I vow to accept the differences of others.

4. Appreciating Differences

I seek to move beyond acceptance into appreciation and celebration of difference.

5. Truth and Truthfulness

I commit to be truthful and authentic and to confront untruth wherever I find it.

6. Absorbing Suffering

I take on without complaint any suffering that results from my confrontation with untruth. I also accept that all forms of violence cannot be totally eliminated.

7. Ahimsa (nonviolence) with my Adversary

I vow to help my adversary avoid all suffering, especially from our confrontation.

8. Trusteeship and Constructive Action

Beyond personal necessities, I see myself as God's trustee over my possessions and talents. I promise to use them to empower others and make things fair for all.

Source: Compassion Center (<http://compassionatecenter.org>)